Meal Kit Standards for Frozen, Shelf Stable and Fresh Effective 1 August 2022

Updated JANUARY 2022

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Basic Nutrition Guidelines for each Frozen, Shelf Stable or Heated Lunch Meal Kit

Total Calories: See specific calorie requirements for each meal kit type

Total Fat: No more than 30% of total calories (25-30%)

Saturated Fat: Less than 10% of total calories

Trans Fat: Zero grams

Carbohydrates: 50-55% of total calories

Protein: 15-25 % of total calories

Sodium: Less than 1350mg

Please make certain that you calculate the percentages based on the calorie content of your kit!

Products containing monosodium glutamate (MSG) as an ingredient must be avoided and will not be accepted.

Fiber: Minimum 14 grams per 1000 calories

<u>Drinks</u>: 100% Fruit Juice; 100% Fruit Juice Blends both with 100% Daily Value (DV) for vitamin C; Skim / 1% Milk fortified*.

Not approved for use in military meal kits: Water, enhanced water (i.e. vitamin types), sports drinks (i.e. electrolyte based), energy drinks, and non-nutritive drinks (i.e. artificially sweetened).

Kits must have a Nutrition Label in accordance with Nutrition Labeling and Education Act that displays **total** nutrient amounts **for the entire meal**. Additionally, each food and drink item in the meal kit must have a nutrition label.

Meal kits must have a **one-year shelf life**

**See Table of Contents for specific nutrition requirements for each meal kit type

*vitamin A (at least 15 percent of Daily Value (DV)) and vitamin D (at least 15 percent of DV) and shall provide at least 25 percent of DV of calcium per 8 oz. liquid serving.

Complete Frozen Lunch Meal Kit, Complete Heated Lunch Meal Kit, Shelf Stable Lunch Meal Kit

- Entrée shall have a minimum of 2.5 oz. of protein (meat, fish, nut /seed butter/legume etc.).
- Bread type- whole grain or whole grain rich --bun, tortilla, wrap, sticks, or sliced
- Snacks –chips, combos, pretzels, crackers, nuts/seeds/trail mix (minimum 1oz., maximum 2 oz.)
- **Fruit Product** fruit cup 100 % fruit juice or light syrup (4 oz. cup minimum), dried fruit (1/4 cup minimum), fruit snacks (made with real fruit, good source of vitamin C) or fruit (good source of vitamin C)
- **Dessert** small: cookie, candy bar, candy pieces (2 oz. maximum) or pudding
- **Drink** 8 oz. minimum.
- Condiments –Two .5 oz. or one 1 oz. packet of mayonnaise, or sauces as applicable to meal Calories and grams in chart are used as examples, depending on the number total number of calories in the meals, the number of calories or grams will differ.

Category	Current Standards
Calories	1000 minimum -1350 maximum
Maximum Calories from fat	No more than 30% of calories (minimum 25%). Example:300 calories for a 1000 calorie meal /405 calories for 1350 calorie meal
Maximum Total fat (g)	30 % total. Example: 33g for 1000 calorie meal, 45g for 1350 calorie meal
Maximum saturated fat (g) (10% calories/grams)	10% max. fat calories Example : 11 g for 1000 calories 15 g maximum for 1350 calories
Trans fat (g)	0g
Maximum sodium(mg)	1350mg (regardless of calorie level)
Total carbohydrates(calories/g)	50-55% of total calories 125g minimum(50% of 1000 calories) - 186 g maximum (55% of 1350 calories)
Dietary Fiber (g)	14g per every 1000 calories fraction of 1000. Example for 1350 calories = ~19 grams of fiber
Protein(g) Note: this is the grams of protein in the meal.	Total of 15 – 25 % of calories. 38 -84 grams of protein. Example: minimum 38 g (g = 15% of 1000 calories = 150 cal/4 = 38 g)maximum 84 g (84 g = 25% of 1350 calories = 337 cal/4 = 84)

Complete Frozen Breakfast Meal Kit

- Entrée Breakfast entrée or sandwich (i.e. ham and cheese/egg, and cheese croissant or English muffin, (protein 2 oz. minimum).
- **Cereal** Large cereal bowl pack (1.75-2.75 oz. allowable as two smaller packs. Whole grain preferred; less than 35% of calories from sugar, 40% if cereal contains dried fruit)
- Milk 8oz skim or 1% UHT milk
- **Fruit Product** Fruit cup 100% fruit juice or light syrup (4 oz. cup minimum), dried fruit (¼ cup minimum), fruit snacks (made with real fruit, good source of vitamin C) or fruit (good source of vitamin C).
- **Breakfast Bar** must provide at least 2.5g of fiber per serving with less than or equal to 10 grams of sugar
- **Juice** 6 oz. minimum. 100% fruit juice or 100% fruit juice blend. 100% DV vitamin C required in both.

Category	Current Standards	
Calories	1000 minimum -1350 maximum	
Maximum Calories from fat 30%	No more than 30% of calories (minimum 25%). Example:300 calories for a 1000 calorie meal /405 calories for 1350 calorie meal	
Maximum Total fat (g)	30 % total. Example: 33g for 1000 calorie meal, 45g for 1350 calorie meal	
Saturated fat (g)	10% max. saturated fat calories. Example : 11 g for 1000 calories 15 g maximum for 1350 calories	
Trans fat (g)	0g	
Maximum sodium(mg)	1350 mg maximum	
Total carbohydrates(g)	50-55% of total calories 125g minimum(50% of 1000 calories) - 186 g maximum (55% of 1350 calories)	
Dietary Fiber (g)	14g per every 1000 calories fraction of 1000. Example for 1350 calories = ~19 grams of fiber	
Protein(g) Note: this is the grams of protein in the meal.	Total of $15 - 25$ % of calories. $38 - 84$ grams of protein. Example: minimum 38 g ($g = 15$ % of 1000 calories = 150 cal/ $4 = 38$ g)maximum 84 g (84 g = 25 % of 1350 calories = 337 cal/ $4 = 84$)	

Complete Heated Breakfast Kit

- Entrée Breakfast entrée or sandwich (i.e. ham and cheese/egg, and cheese croissant or English muffin; protein 2 oz. minimum). Whole grain or whole grain rich bread product
- Fruit Product Fruit cup 100% fruit juice or light syrup (4 oz. cup minimum), dried fruit (¼ cup minimum), fruit snacks (made with real fruit, good source of vitamin C) or fruit (good source of vitamin C)
- Snack- nuts, seeds, or trail mix (minimum 1.0 oz., maximum 2 oz.)
- **Juice** 5.5 oz. minimum. 100% fruit juice or 100% fruit juice blend. 100% DV vitamin C required in both.
- **Condiments** as applicable to meal component

Category	Current Standards
Calories	1000 minimum -1350 maximum
Maximum Calories from fat 30%	No more than 30% of calories (minimum 25%). Example:300 calories for a 1000 calorie meal /405 calories for 1350 calorie meal
Maximum Total fat (g)	30 % total. Example: 33g for 1000 calorie meal, 45g for 1350 calorie meal
Saturated fat (g)	11 g -15 g maximum. This is based on total number of calories. Example: 11 g for 1000 calories 15 g maximum for 1350 calories
Trans fat (g)	0g
Maximum sodium(mg)	1350mg max
Total carbohydrates(g)	50-55% of total calories = 125g minimum(50% of 1000 calories) - 186 g maximum (55% of 1350 calories)
Dietary Fiber (g)	14g per every 1000 calories or fraction of 1000. Example for 1350 calories = ~19 grams of fiber
Protein(g) Note: this is the grams of protein in the meal.	Total of 15 – 25 % of calories. 38-84 grams of protein. Example: minimum 38 g (g = 15% of 1000 calories = 150 cal/4 = 38 g)maximum 84 g (84 g = 25% of 1350 calories = 337 cal/4 = 84)

Shelf Stable Breakfast Meal Kit

- **Cereal** Large cereal bowl pack (1.75-2.75 oz. allowable as two smaller packs. Whole grain preferred; less than 35% of calories from sugar, 40% if cereal contains dried fruit)
- Milk 8oz Skim or 1% UHT milk
- **Fruit Product** Fruit cup 100% fruit Juice or light Syrup (4 oz. cup minimum), dried fruit (¼ cup minimum), fruit snacks (made with real fruit, good source of vitamin C) or fruit (good source of vitamin C)
- **Breakfast Bar**-must provide at least 2.5g of fiber per serving and less than or equal to 10 g of sugar per serving
- Juice 8 oz. 100% fruit juice or 100% fruit juice blend; 100% DV vitamin C required in both
- Pastry type toaster pastry, muffin, Danish, or doughnut

Category	Current Standards		
Calories	1000 minimum-1300 maximum		
Maximum Calories from fat 30%	No more than 30% of calories (minimum 25%). Example: 250 calories for 1000 calorie meal, 390 calories for 1300 calorie meal. 25-30% of calories from fat		
Maximum Total fat (g)	30 % total. Example: 28g for 1000 calorie meal, 43g for 1300 calorie meal		
Maximum Saturated fat (g)	11 g maximum for 1000 meal and 15 g for 1300 calorie meal. Maximum 10% of calories from saturated fat		
Trans fat (g)	0g		
Maximum sodium(mg)	1300 mg maximum		
Total carbohydrates(g)	125g minimum - 179g max = 50-55% of total calories		
Dietary Fiber (g)	14g per 1000 calorie (example for 1300 calories fiber need would be 18 grams)		
Protein(g) Note: this is the grams of protein in the meal.	Total of 15-25 % of calories. 38-81 grams of protein. Example: minimum 38 g (g = 15% of 1000 calories = 150 cal/4 = 38 g) maximum 81g (g = 25% of 1300 calories = 325 cal/4 = 81 g)		

Shelf Stable Brunch Meal Kits

- **Cereal** Large cereal bowl pack (1.75-2.75 oz. allowable as two smaller packs. Whole grain preferred; less than 35% of calories from sugar, 40% if cereal contains dried fruit)
- Milk 8oz skim or 1% UHT milk*
- **Fruit Product** Fruit cup 100% fruit juice or light syrup (4 oz. cup minimum) or dried fruit (¼ cup minimum), fruit snacks (made with real fruit, good source of vitamin C) or fruit (good source of vitamin C)
- **Breakfast Bar** must provide at least 2.5g of fiber per serving and less than or equal to 10 g of sugar per serving
- **Juice** 8 oz. 100% fruit juice or 100% fruit juice blend; 100% DV vitamin C required in both.
- Condiments –1 oz. Peanut butter and 1 oz. ounce jelly

Category	Current Standards
Calories	1000 minimum – 1300 maximum
Maximum Calories from fat	250 calories for 1000 calorie meal, 390 calories for 1300 calorie meal. 25-20% of calories from fat
Maximum Total fat (g)	28g for 1000 calorie meal, 43g for 1300 calorie meal
Saturated fat (g)	11 g maximum for 1000 meal and 15 g maximum for 1300 calorie meal. Maximum 10% of calories from saturated fat
Trans fat (g)	0g
Maximum sodium(mg)	1300mg maximum
Total carbohydrates(g)	125g minimum - 179g max = 50-55% of total calories
Dietary Fiber (g)	14g per 1000 calories
Protein(g) Note: this is the grams of protein in the meal.	Total of 15-25 % of calories. 38-81 grams of protein. Example: minimum 38 g ($g = 15\%$ of 1000 calories = 150 cal/4 = 38 g) maximum g ($g = 25\%$ of 1300 calories = 325 cal/4 = 81 g)

Basic Nutrition Guidelines for Fresh Meal Kit

Total Calories: See specific calorie requirements below for each meal kit type

Total Fat: 25-30% of total calories

Saturated Fat: Less than 10% of total calories

Trans Fat: Zero grams

Carbohydrates: 50-55% of total calories

Protein: 15-25 % of calories

Sodium: Less than 1250mg

<u>Products containing monosodium glutamate (MSG) as an ingredient must be avoided and will</u> not be accepted.

Fiber: Minimum 14 grams per 1000 calories

<u>Drinks</u>: 100% Fruit Juice or 100% Fruit Juice Blends both with 100% Daily Value (DV) for vitamin C; Skim / 1% Milk fortified*.

Not approved for use in military meal kits water, enhanced water (i.e. vitamin types), sports drinks (i.e. electrolyte based), energy drinks, and non-nutritive drinks (i.e. artificially sweetened).

Kits must have a Nutrition Label in accordance with Nutrition Labeling and Education Act that displays **total** nutrient amounts **for the entire meal**. Additionally, each food and drink item in the meal kit must have a nutrition label.

Meal kits must have a **3-4-day shelf life upon receipt at the Warrior Restaurant.**

**See Table of Contents for specific nutrition requirements for each meal kit type

*vitamin A (at least 15 percent of Daily Value (DV)) and vitamin D (at least 15 percent of DV) and shall provide at least 25 percent of DV of calcium per 8 oz. liquid serving.

Complete Fresh Lunch Meal Kit

- Entrée Shall have a minimum of 2.5 oz. of protein.
- Bread type- whole grain or whole grain rich --bun, tortilla, wrap, sticks, or sliced
- Snacks chips preferably baked, combos, pretzels, crackers, nuts/seeds/trail mix (minimum 1oz. maximum 2 oz.)
- **Fruit Product** Fresh fruit, fruit cup 100% fruit juice or light syrup (4 oz. cup minimum), dried fruit (1/4 cup minimum)
- **Dessert** small cookie, candy bar, candy pieces (2 oz. maximum) or pudding
- Salads- 50% is dark green leafy vegetables such as romaine or spinach.
- **Drink** 8 oz. minimum.
- **Condiments** –Two .5 oz. or one 1 oz. packet of mayonnaise, low fat dressings or sauces as applicable to meal.

Category	Current Standards		
Calories	1000 minimum -1350 maximum		
Maximum Calories from fat	No more than 30% of calories (minimum 25%). Example: maximum 300 calories for a 1000 calorie meal /405 calories for 1350 calorie meal		
Maximum Total fat (g)	33g for 1000 calorie meal, 45g for 1350 calorie meal. 25 -30 % of calories from fat		
Saturated fat (g)	11 g -15 g maximum. This is based on total number of calories. Example : 11 g for 1000 calories 15 g maximum for 1350 calories		
Trans fat (g)	0g		
Maximum sodium(mg)	1250mg		
Total carbohydrates(g)	125 g minimum - 186 g max – 50 -55 % of calories from carbohydrates		
Dietary Fiber (g)	14g per 1000 calories		
Protein(g) Note: this is the grams of protein in the meal.	Total of $15-25$ % of calories. 38 -84 grams of protein. Example: minimum 38 g ($g=15$ % of 1000 calories = 150 cal/4 = 38 g)maximum 84 g (84 g = 25 % of 1350 calories = 337 cal/4 = 84)		

Frozen Lunch Meal Kit for Ages 17 and Younger (i.e. JROTC, Boy Scouts)

- Entree shall have a minimum of 3 oz. of protein.
- Bread Type- whole grain--bun, tortilla, wrap, or sliced.
- Snacks –chips, combos, pretzels, crackers, nuts/seeds/ trail mix (minimum 1.0 oz., maximum 2oz)
- **Fruit Product** fruit cup 100% in juice or light syrup (4 oz. cup minimum), dried fruit (1/4 cup minimum), fruit snacks (made with real fruit, good source of vitamin C) or fruit (good source of vitamin C)
- **Dessert** small cookie, candy bar, candy pieces (2 oz. maximum) or pudding
- **Drink** 8 oz. minimum.
- Condiments –Two .5 oz. or one 1 oz. packet of mayonnaise, or sauces as applicable to meal.

Category	Current Standards		
Calories	775 minimum -1000 maximum kcal		
Maximum Calories from fat	30 -35 % calories from fat. 275cal for 775cal meal, 350cal for 1000cal meal		
Maximum Total fat (g)	30g in 775 calorie meal, 39g maximum for 1000 calorie meal.		
Saturated fat (g)	11g maximum – no more than 10% of calories from saturated fat		
Trans fat (g)	0g		
Maximum sodium(mg)	1000 mg maximum		
Total carbohydrates(g)	97g minimum – 138 g maximum. 50-55 % of total calories from carbohydrates		
Dietary Fiber (g)	14g per 1000 calories		
Protein(g)	Total of 15 -25 % of calories. Minimum 775 calories at 15% = 116 calories/4 = 29g protein Maximum 1000 calories at 25% = 250 calories/4 = 62g protein maximum		
	Minimums and maximums are calorie based.		

Sources, Purpose and Submission of Kits for Review:

Sources:

Meal Kit Standards: Basic Nutrition Guidelines for Fresh Meal kit, Dietary Reference Intakes (DRIs): Recommended Dietary Allowances and Adequate Intakes for Elements and Vitamins, Army Regulation 40-25: Appendix B – Military Diet and Nutritional Standards (B-1 and B-2), Food and Nutrition Magazine of Academy of Nutrition and Dietetics: The Dietary Reference Intakes for Sodium and Potassium Report by Diane Welland MS RD.

Purpose:

The meal kit standards are published by the Joint Culinary Center of Excellence (JCCOE) and are designed to meet or exceed the Dietary Guidelines put forth by the USDA/Department of Health and Human Services and the Army nutrition standards in AR 40-25. The purpose is to promote performance, resilience and health, and to decrease risk of chronic diseases. JCCoE will review and publish by name and catalogue number the items that are authorized for Food Program procurement and *only* those meal kits that have been reviewed by the Quality Assurance Division for compliance with the standards. This list contains the only items that should be procured by Army food service operators. Food program managers will use only this listing to comply with regulations in AR 30-22, Army Food Program. Items by the same manufacturer are not necessarily compliant, and should not be procured unless specifically listed. Meal kit standards are subject to change. Any time changes in national dietary recommendations, guidelines, and/or regulations occur there will likely be a change in the meal kit standards. Changes are not limited to these events.

Submission of Meal Kits for Review:

- 1. Meal Kits must follow the Nutrition Labeling Act for each product in the kit and provide a Nutrition label for the entire kit on the outside packaging.
- 2. For product review, provide at least three kits and a nutrition listing for the full kit as well as each commodity in the kit to JCCoE, Quality Assurance Division, Attn: Dietitian. 1831 "A" Avenue, Room 303B, Fort Lee, Virginia 23801.
- 3. Approved Meal Kits will be posted AUG 2022

Effective 01 AUG 2022 current meal kits listed below will be discontinued unless reevaluated and approved.

The following is a listing of meal kits that the Army will order. Only these NSNs can be used for MPA funding. All other NSNs if available, require BAS or cash collection.

Effective May 2020

Updated SEPT 2021

MEAL KITS

Breakfast Meal Kits (Shelf Stable)

Potato & Sausage Breakfast Skillet Meal Kit (Home-style Potatoes with Sausage, Bell Peppers & Onions) Steel Cut Oatmeal Meal Kit (3 each of 4 varieties of oatmeal: Plain, Apple Cinnamon, Maple Brown Sugar and Blueberry & Cream)	8970-01-E62-4641	Heater meals/ Go Meals	SKU 72970
Steel Cut Oatmeal Meal Kit (3 each of 4 varieties of oatmeal: Plain, Apple Cinnamon, Maple Brown Sugar and Blueberry & Cream)	8970-01-E62-2224	Heater Meals/ Go Meals	SKU 72960
Meal Kit, Breakfast, Variety, Cereal w/Milk, 18 count	8940-01-E62-3178	G. A. Food Services Vendor Code # 0058	SKU # M039
Meal Kit Breakfast, Cereal w/etc., 18 count	8970-01-E62-4716	Red Cloud Foodservice, Inc.	RC475
Breakfast Sandwich MEAL KIT W/DRINK, VARIETY, GO MEAL B,	8940-01-E62-5746	Heater Meals/ Go Meals	MFG SKU # 78

SS,3 each French Toast Cinnamon, Blue Berry Panini, Apple Panini			
Classic Cereal Breakfast Meal Kit	897001E401094	ER Brand	ERB100
Breakfast Plain Steel Cut Oatmeal Kit	897001E401095	ER Brand	ERB101
Breakfast Steel Cut Oat Brown Sugar Cinnamon Kit	897001E401096	ER Brand	ERB102
Wellness Cereal Breakfast Kit	897001E401093	ER Brand	ERB103

Lunch Meal Kits (Shelf Stable)

Meal Kit W/Drink, Mixed, SS, 3 ea. Ckn, Buf Ckn, BBQ Ckn, Hummus sld	8940-01-E62-4251	FED BIZ Vendor Code # 0552	MFG SKU # JMKLDVP1
Meal Kit W/Drink, Mixed, SS, 3 ea. Spicy Ckn, Ckn, Hummus	8940-01-E62-4252	FED BIZ Vendor Code # 0552	MFG SKU # JMKLDVP2
Meal Kit W/Drink, Mixed, SS, 3 ea. Ravioli, Ckn Rice, Spaghetti, Mac&Cheese (Heated)	8940-01-E62-4253	FED BIZ Vendor Code # 0552	MFG SKU # JMKLDVP3
Meal Kit W Drink, 6 each Tuna/Ckn/BBQ Beef, 18 count	8970-01-E62-3325	G. A. Food Services Vendor Code # 0058	SKU # M0140
Meal Kit W Drink, 6 each, PBJ/SW Ckn/Hummus, 18 count	8970-01-E62-4597	G. A. Food Services Vendor Code # 0058	SKU # 19-22-28
Meal Kit w/Drink, Mixed, SS, (3) Beef & potato, (3) Cheese Lasagna, (3) Southwest Chicken & (3) Green Pepper Steak with Rice	8970-01-E61-8403	Heater Meals/Go Meals	71114
Meal Kit w/Drink, Mixed, SS, (3) Zesty BBQ Sauce, Diced Potatoes & Beef (3)	8970-01-E62-4209	Heater Meals/ Go Meals	71115

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Vegetarian Pasta Faggioli, (3) Homestyle Chicken & Noodles in Gravy & (3) Chicken Pasta Italiana			
Meal Kit W Drink, Mixed, 6 each, Ckn, PB&J, Tuna, 18 count	8970-01-E62-4717	Red Cloud Foodservice, Inc.	RC483
Meal Kit W Drink, Mixed, 6 each, Ckn BBQ, Buff Ckn, Hummus, 18 count	8970-01-E62-4718	Red Cloud Foodservice, Inc.	RC484
Meal Kit W/Drink, Mixed, SS, (4) SW Pork, (4) Beef BBQ, (4) Ckn BBQ, (4) Southwest Ckn	8970-01-E62-1439	Valley Foods Vendor Code # 0362	SKU # HVPSS63
Meal Kit W/Drink, Mixed, SS, (4) SW Pork, (4) Beef BBQ, (4) Tuna Albacore, (4) SW Chicken	8970-01-E62-0781	Valley Foods Vendor Code # 0362	SKU # HVPSS61
SWICH MEAL KIT W/DRINK, VARIETY, GO MEAL A, SS,3 each, honey BBQ Chicken, Bacon Cheddar Bread, Sweet and sour Soy, Pepperoni 12/21.6 oz. pg.	8940-01-E62-5754	GO MEAL	MFG SKU # 78200
SWICH MEAL KIT W/DRINK, VARIETY, GO MEAL C, SS, 3 each, Honey BBQ Beef, Sweet/Sour Chicken, Sweet/Sour Soy, Italian, 12/21.6 oz. pg.	8940-01-E62-5755	Go Meals	MFG SKU # 78100
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Buffalo Chicken	897001E401089	ER Brand	ERL200
w/PB andJ			

Tangy BBQ Chicken w/ PB&J	897001E401090	ER Brand	ERL201
Teriyki Chicken Wrap W/PB&J	897001E401086	ER Brand	ERB202
Assorted Hummus with Pita Chips and Pretzels	897001E401087	ER Brand	ERB203
Tuna Salad & PB&J Kit	897001E401091	ER Brand	ERB204
Lemon Pepper Chicken Salad and PB/J	897001E401088	ER Brand	ERB205

Reception Station Meal Kit

SNACK KIT W/DRINK, SS, juice, granola bar, fruit cup, sunflower	8940-01-E62-2521	G.A. Food Services/Sun Meadow Vendor Code # 0058	12/14 Oz. Co Per Case SKU# MO01
seeds			
SNACK KIT	8940-01-E62-4598	G.A. Food	12/14 Oz Co Per
W/DRINK, SS,		Services/Sun	Case SKU# MO02
juice, Kashi bar,		Meadow Vendor	
fruit cup, Peanuts		Code # 0058	